

Is Baby Hungry? How do you know...

New parents often ask if there is a way to tell if the baby is hungry before they begin to cry. According to NCAST Feeding Scales, infants do the following things to cue their parents that they are hungry. The baby may:

- Smack his lips
- Put his hand to his mouth and suck on it
- Move his mouth into a position that looks like sucking
- Clench his fingers
- Put his tight fists over his tummy

During feeding times, infants give parents many signals that they need to take a break. Some of these signals are:

- Arching of the back
- Pushing away from the parent
- Falling asleep during the feeding
- Relaxed arms laying to the side of her body

- Open and relaxed fingers

Another signal your baby may show she needs to pause for a short break during the feeding:

- Baby will suck about 10-15 times, and then take a break for 3-5 seconds before starting to suck again. When your baby does this it is important to let the baby simply rest and restart the feed when she is ready. Be sure to refrain from jiggling the nipple to try and get the baby to start feeding again. This is very disruptive to the baby and actually makes the baby take a longer pause than they would have if you simply let the baby pace the feeding.

Feeding times are wonderful opportunities to foster your infant's developmental growth. Here are some things to do while your infant feeds:

- Always hold your baby while feeding him. Your baby loves feeling your touch and



being near your body.

- Talk to your baby about how beautiful he is and tell him about your day.
- Look at your baby's face while feeding and tip your head so your baby can see your face. This helps your baby feel loved and supported, and gives your baby practice interacting and improve her vision.

Keys to Caregiving, Booklet 5, NCAST-AVENUW Programs
www.ncast.org, 2007

Special points of interest:

- * The Northeast Maricopa Region of Scottsdale, Paradise Valley, Fountain Hills, Carefree, Cave Creek, Rio Verde, and Ft. McDowell Yavapai Nation embody both dense and urban, ethnically diverse neighborhoods and new growing suburban communities.
- * The Northeast Maricopa Region has a population of over 28,000 children birth through five years of age.

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Edited by:
Lyndsey Ferro, Healthy Steps

In This Month's Issue

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 2. Fun, Healthy Recipe to create with your children!
 3. An overview of funded First Things First Programs in the Northeast Maricopa Region.
 4. Mealtime Battles with toddlers—how can you win?
 5. Smart snacking ideas for children.
 6. Tummy to play!
 7. Playing for exercise
- And so much more!

Look for future newsletters from the Northeast Maricopa Regional Partnership Council Collaboration Group!

Healthy Families

Family Book

Enhancing a child's literacy skills is not limited to reading a book.

How about creating a "Family Book"? This is especially beneficial for the very youngest child who is developing language skills.

Take photos of a variety of family, friends and pets (preferably only 1 or 2 people



per picture). Glue the photos to paper such as card stock or construction paper. Print the names below. Bind the pages together with yarn or ribbon. As new additions to your family occur, it is easy to add another page. Now you have your very own unique book that familiarizes your child with those who love him/her most!

This tip is brought to you by Southwest Human Development—Healthy Families a First Things First funded program.

Healthy Families is a parent support program emphasizing early childhood health and development, literacy, and school readiness. Degreed staff provide services that increase parent knowledge and skills

optimizing health, safety, and family self-sufficiency. Staff work with parents to promote attachment and bonding and to build healthy, nurturing, and safe relationships with their children. Families must enroll before the baby is 3 months old and services may continue until the child is age 5.

For more information contact:

Candace Crossland (602) 266-5976 x 6120

Trail Mix Recipe for Kids!

Help kids make their own custom trail mix:

Set out raisins, sunflower seeds, nuts (unless you'll be in a nut-free zone), roasted soy nuts, granola and dried fruit and let the kids scoop 1/4 to 1/3 of a cup of their own combo into small bags. For children who have a sweet-tooth, allow

them to put a small amount of marshmallows or chocolate chips in their bags.

Pop in the freezer or fridge to keep fresh, and grab when you're on the go!



C.A.R.D. Specialized Outpatient Services

Through a grant funded by **First Things First**, the **Center for Autism and Related Disorders' Specialized Outpatient Services** (C.A.R.D. SOS) is providing short term behavior intervention and parent training to assist families cope with behavioral issues that are causing stress to the family.

Such behaviors might include toilet training, problems with feeding and mealtime, learning to swallow oral medications, aggression, sleep, and tantrums. This program includes in-home support to address behavioral issues as well as ongoing support groups to assist parents to

become skilled competent parents.

All of these services are at NO COST to the family. Free child care is provided

Parent Tip:

Tell your child what to do instead of telling them what not to do. Your child will better understand what exactly you expect of him/her.

during these classes for the child and all siblings. In order to be eligible for the C.A.R.D. SOS services, the child needs to be between 0 and 5 years of age and the family must live within the Northeast Maricopa Region. Children do not need to have a diagnosis to be eligible.

If your family is interested in participating in this program, please contact Emily Barba or Rob Davidson by phone at 602-325-2485 or by email at

e.barba@centerforautism.com or r.davidson@centerforautism.com

Healthy Steps For Young Children

Everyday Tips for Spending Time Together as New Parents

Finding time to have a date as a new parent can be very challenging. Instituting a "date night" one night or afternoon a week, no matter what you have going on is very important in a relationship. It also shows a strong and healthy model for the kids.

- Try to find at least 20 minutes a day to spend time together talking.
- Give each other appreciations and compliments every day.
- Date night can happen right in the living or dining room. Order in a favorite meal, or if money is tight, cook a meal together and light some candles and talk while cooking.
- Keep the lines of communication open and be realistic.

- Outdoor activities can be inexpensive and a great way to keep a relationship fresh. Whether it's taking a stroll through some shops or hiking a trail, being outside can help couples reconnect with each other.

Cettina, Terri. "How to Save Your Marriage From Your Kids" CNN Living Website (accessed on December 28, 2009).

This Tip is Brought to you by Healthy Steps a First Things First funded program.

Healthy Steps for Young Children (Healthy Steps) is a family support program that focuses on the importance of the first five years of life. Healthy Steps emphasizes a close relationship between health care professionals and parents in addressing the physical, emotional, and intellectual growth and development of children from birth to age three. Children can be initially enrolled up to age three, however, they can be served up to age five.

In the Northeast Region Healthy Steps has formed a partnership between Phoenix Children's Hospital and Scottsdale Healthcare to support to families. Among the Healthy Steps services included are home visitation to address typical child growth and development, breastfeeding support, enhanced well child checks, developmental screenings, as well as assisting families to build supportive relationships. Healthy Steps seeks to ensure that families have the knowledge, access to resources and connection to their community to most effectively meet the social-emotional and physical needs of their children.

For More information:

Healthy Steps Referral/Developmental Line
602-546-0235

Hours: Mon- Fri 8:30 am—5 pm

Early Steps for School Success

Ft. McDowell Yavapai Nation 'Hmañ 'shawwa Early Childhood Development Center is beginning a new program for families with young children through a First Things First Grant.

Early Steps for School Success is a language development and pre literacy program. The program will provide early childhood education services to children birth to five years of age and education services to their parents.

The program is designed to assist children with early language development, social and emotional development, and equip parents with the skills and knowledge to successfully support their child's growth. The result will be a strong foundation of learning for the child which will prepare him/her for success in school.

This program is open to all Ft. McDowell families with children birth to three:

- Regular, educationally based home visits by Early Childhood Development Center liaisons

- Parent and child education groups in the school and community settings
- Toddler story book hours and child play groups to promote early language and literacy skills
- A book bag lending program called "Raising a Reader" for families
- Promoting a positive transition from home to school.
- Community referrals and follow-up.

For More information:

Liela Williams

Ph: 480-789-7212

lwilliams@ftmcdowell.org

Andrea LeBeau

Ph: 480-789-7215

alebeau@ftmcdowell.org

Did you know...

Infants are born with the ability to communicate and form relationships needed for later language and literacy development?



Save the Children®

Mealtime Battles with Your Toddler

Many parents struggle with their toddlers over eating. Parents want to make sure their toddlers are eating enough and are eating the right things. However, toddlers want to be in charge and are developing their own likes and dislikes.

How do you handle the mealtime battles?

1. Experts agree that children will want to eat when they are hungry and stop when they are full. This means that you do not have to force a toddler to eat—they will eat when they need to eat.
2. Offer nutritional choices. Toddlers often like to have 3-4 different foods at each meal. The foods should also

have different textures and tastes.

3. Keep portions small. Your toddler can be overwhelmed with big portions—you can always give them more if they eat it all.
4. Give your child some control. Offer a few different nutritional choices and



let them choose.

5. Make mealtime fun! Offer finger foods, dipping sauces, cut sandwiches into shapes or you can use food coloring to change the color of everyday foods!
6. Let your children help you prepare the meals. This will give them a sense of accomplishment and allow them to have a choice in the foods they eat.

*Adapted from “Ideas for Parents—Eating” Healthy Steps Handout

Tummy to Play!

Many parents have heard the directive “Back to Sleep.” But there’s another side to “Back to Sleep”....LITERALLY! The baby’s TUMMY! What about Tummy Time? What about Play? I’m so glad you asked those questions because they too are important for your baby’s development.

Here are a couple things to keep in mind:

- Schedule Tummy Time during the PLAY part of baby’s routine, when they are supposed to be awake

- Get on the floor in front of your baby and make eye contact with baby during Tummy Time; babies are designed to be in relationships
- When baby gets fussy during Tummy Time, give her a break for a few minutes to calm down, then try it again
- The amount of time should be based on the baby’s CUES, NOT the clock.

Dads are excellent at Tummy Time so get involved.

If you still have questions, call your Pediatrician or the Healthy Steps Specialist to help out!



Smart Snacking for Kids

Snacks are an important part of a child’s diet to help meet his/her nutritional needs, so snack foods should be healthy just like meals. But finding healthy snacks that are good for you, taste yummy, and are fun to eat can be hard!



Ways to get kids excited about healthy snacks!

- Involve children in the shopping process. Let them choose a fruit or vegetable for the week that can be prepared in a snack. This will result in the child being more willing to taste the foods that they helped pick.
- Prepare fruits and vegetables by getting your child to wash them, then cut them into bite size pieces and store them in easy to open bags.

- Place fruits and vegetables on the middle shelves of the fridge to ensure that the whole family sees them and it is an easy grab-and-go snack!
- Have “mix n match” choices to eat with your fruits and vegetables like low-fat cheese sticks, whole grain crackers, low-fat yogurt or whole grain cereal.

~Adapted from Phoenix Children’s Hospital Brochure—Smart Snacking for Kids

Quality First!

Choosing a quality child care setting is one of the most important decisions a family can make. Research shows that parents are a child's first and most important teacher. But the majority of families today must rely on some form of out of home daily care for their children. This care can range from a few hours a day up to 10 or 12 hours. Ideally, early care and education helps to prepare children for success in kindergarten, throughout their school years, and later on in life.

That is why high-quality early care and education settings and professionals are so important to the future of young children. The

relationship that exists between children and their caregivers has a profound impact on the way a child's brain develops. Eighty-five percent of a child's brain is fully developed by age three. Participation in a high-quality early care and education program means a child is engaged in activities with responsive, nurturing adults who stimulate healthy development.

Quality First, Arizona's Quality Improvement and Rating System, is a new statewide program designed to increase access to high quality early childhood programs. We are pleased to recognize 16 providers in the

Northeast Maricopa regional area that have voluntarily committed to participation which includes individualized staff coaching and mentoring supports, access to financial grants, professional development scholarships and participation in the Star Rating which will be launched in the fall of 2010.

"85% of a child's brain is fully developed by age three."

Participating Programs

Children's Choice Learning Center

10028 N. 92nd St, Scottsdale, AZ 85258
ph: 480-323-4630

First Impressions

3110 N. Hayden Rd, Scottsdale 85251
ph: 480-941-4094

Here We Grow Learning Center

16901 E. Palisades Blvd, Fountain Hills 85268
ph: 480-837-6600

H'Man Qu'ade Day Care Center

17650 E. Yavapai Rd., Ft McDowell 85269

Kiddie Kampus

3201 Hayden Rd, Scottsdale 85250
ph: 480-947-9261

Kindercare Learning Center

16605 N. 56th Street, Scottsdale 85254
ph: 602-765-1440

Kindercare Learning Center

4856 E. Greenway Rd, Scottsdale 85254
ph: 602-493-1167

Hand in Hand

10850 N. 90th Street, Scottsdale 85260
ph: 480-451-0710

La Petite Academy

8433 E. Raintree Drive, Scottsdale 85260
ph: 480-948-4533

Little Kings and Queens

4136 N. 82nd Street, Scottsdale 85251
ph: 480-946-8624

Maxwell Preschool Academy

15249 N. Fountain Hills Blvd, Fountain Hills 85268
ph: 480-837-6206

Resurrection Lutheran Preschool and Day Care

4930 E. Greenway Rd, Scottsdale 85254
ph: 602-485-1958

Scottsdale United Methodist Daycare

4140 N. Miller Rd, Scottsdale 85251
ph: 480-941-3497

Sunrise Preschool

11090 N. Frank Lloyd Wright, Scottsdale 85259
ph: 480-314-1071

Sunrise Preschool

29585 N. Tatum Rd, Cave Creek 85331
ph: 480-563-5992

Tutor Time Child Care Learning Center

4720 E. Lone Mtn Road, Cave Creek 85331
ph: 480-575-3014

Playing for Exercise

Children need exercise as much as adults do. By using playtime as a time for exercise, children will learn at a young age that exercise is fun!

- Turn on some music and have "crazy dance time" and dance around the room— use songs the child knows and have them sing along!
- Play "Simon Says" and have your child do things such as pat their head, jump up, bend down, etc. Then switch and

let your child be Simon!

- Have your child jump on one foot and count the number of times they can do it—this also helps them practice their numbers!
- Give your child a pedometer and have him/her track how many steps they take each day—make a chart so they can track their progress.

Remember to just have fun!





FIRST THINGS FIRST

Northeast Maricopa Regional Partnership Council Members

- DeAnn Davies, Chair
Educator
 - Wendy Lyons, Vice Chair
Business
 - Bill Myhr, PhD
School Administrator
 - Dana Vela
Child Care Provider
 - Gary Loutzenheiser
Tribal Representative
 - Gretchen Jacobs
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 - The Honorable John Foreman (ret.)
At Large
 - Patricia VanMaanen
Health Services Provider
 - Dr. Prabodh Hemmady
At Large
 - Stuart Turgel
Philanthropy
 - Mary Permoda
Faith Based
- For more information please contact:
Hazel Chandler, Regional Coordinator
hchandler@azftf.gov

Please visit us on the web at:
www.azftf.gov

Northeast Maricopa Regional Partnership Council

Vision: All Arizona children birth through age five are offered opportunities to achieve their maximum potential to succeed in school and life.

Mission: Increase the quality of and access to the early childhood development and health system that ensures a child entering school comes healthy and ready to succeed.

Goals:

- Improve the QUALITY of early childhood development and health programs.
- Increase the ACCESS to quality early childhood development and health programs.
- Increase the access to PREVENTATIVE HEALTH AND HEALTH SCREENINGS for children birth through age 5.
- Offer PARENT AND FAMILY SUPPORT and education concerning early childhood development and literacy.
- Provide PROFESSIONAL DEVELOPMENT AND TRAINING for early childhood development and health providers.
- Increase COORDINATION of early childhood development and health programs and PUBLIC AWARENESS about the importance of early childhood development and health.

Northeast Maricopa Regional Partnership Council Calendar

Council Meeting dates

10815 N. 84th St.
Scottsdale, 85260
All meetings 4-6pm

Feb 9
March 9
April 13
May 11
June 8
July 13
August 10
Sept 14
Oct 12
Nov 9
December 14

*Members of the public are encouraged to attend

Collaboration Meetings

11130 E. Cholla
Scottsdale, 85259
All meetings 4-6pm

Feb 16
March 16
April 20
May 18
June 15
July 20
August 17
Sept 21
Oct 19
Nov 16
Dec 21

*Members of the public are encouraged to attend